

Group Class and Events

New Student Special!

30-minute introductory private for only \$20! Ask the front desk for details.

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 3:00 PM Tango Practica *No FBO Rhythm Sampler class today	30 (4-week series end) 6:45 PM Tango L1 7:30 PM Intl Rumba L2 8:15 PM East Coast Swing L3 8:15 PM Belly Dance L1 (NEW)	31 (4-week series end) 6:45 PM Club Salsa L3 7:00 PM Hip Hop L1 7:30 PM Club Salsa L1 8:15 PM Latin Drills LA (RU) 8:00 PM Popping L1	1 (4-week series end) 6:45 PM Latin Drills LA (JV) 6:45 PM FBO Ballroom Sampler L1 (TA) (on-going 6-Week Series) 7:30 PM Intl Jive L1 8:15 PM ChaCha L2	2 (4-week series end) 7:30 PM West Coast Swing L1 7:15 PM Hip Hop L1 8:15 PM Latin Drills L2 (CH)	3 STUDIO CLOSED	4 STUDIO CLOSED
5 STUDIO CLOSED	6 Labor Day STUDIO CLOSED	7 (4-week series start) 6:45 PM Club Salsa L4 7:00 PM Hip Hop L1 7:30 PM Club Salsa L1 8:15 PM Latin Drills LA (JV) 8:00 PM Popping L1	8 (4-week series start) 6:45 PM Latin Drills LA (CH) 6:45 PM FBO Ballroom Sampler L1 (TA) (on-going 6-Week Series) 7:30 PM Intl Paso L2 8:15 PM ChaCha L3	9 (4-week series start) 7:30 PM West Coast Swing L1 7:30 PM Hip Hop L1 8:15 PM Latin Drills L2 (SA)	10 STUDIO CLOSED	11 12:00 PM Latin Technique LA (RU) 12:45 PM Latin Drills LA (RU) 1:30 PM Wedding Workshop 1:30 PM WCS Workshop 1 w/ Joe Mahoney 2:30 PM WCS Workshop 2 w/ Joe Mahoney 3:30 PM WCS Workshop 3 w/ Joe Mahoney *See below for WCS workshop information
12 3:00 PM Tango Practica 3:00 PM FBO Rhythm Sampler L1 (RU) (on-going 6-Week Series)	13 (4-week series start) 6:45 PM Tango L2 7:30 PM Intl Rumba L3 8:15 PM East Coast Swing L4 8:15 PM Belly Dance L1	14 6:45 PM Club Salsa L4 7:00 PM Hip Hop L1 7:30 PM Club Salsa L1 8:15 PM Latin Drills LA (CH) 8:00 PM Popping L1	15 6:45 PM Latin Drills LA (SA) 6:45 PM FBO Ballroom Sampler L1 (FT) (on-going 6-Week Series) 7:30 PM Intl Paso L2 8:15 PM ChaCha L3	16 7:30 PM West Coast Swing L1 7:30 PM Hip Hop L1 8:15 PM Latin Drills Variations L2 (RU)	17 STUDIO CLOSED	18 NOTE: STUDIO OPENS 12:00 PM TODAY 12:00 PM Latin Technique LA (JV) 12:45 PM Latin Drills LA (JV) 7:00 PM RED n' ORANGE DANCE PARTY! 7:00 PM BEGINNER CHACHA LESSON
19 3:00 PM Tango Practica 3:00 PM FBO Rhythm Sampler L1 (RU) (on-going 6-Week Series)	20 6:45 PM Tango L2 7:30 PM Intl Rumba L3 8:15 PM East Coast Swing L4 8:15 PM Belly Dance L1	21 6:45 PM Club Salsa L4 7:00 PM Hip Hop L1 7:30 PM Club Salsa L1 8:15 PM Latin Drills LA (SA) 8:00 PM Popping L1	22 6:45 PM Latin Drills LA (RU) 6:45 PM FBO Ballroom Sampler L1 (FT) (on-going 6-Week Series) 7:30 PM Intl Paso L2 8:15 PM ChaCha L3	23 7:30 PM West Coast Swing L1 7:30 PM Hip Hop L1 8:15 PM Latin Drills Variations L2 (JV)	24 STUDIO CLOSED	25 12:00 PM Latin Technique LA (CH) 12:45 PM Latin Drills LA (CH) 1:30 PM Wedding Workshop
26 3:00 PM Tango Practica 3:00 PM FBO Rhythm Sampler L1 (SW) (on-going 6-Week Series)	27 6:45 PM Tango L2 7:30 PM Intl Rumba L3 8:15 PM East Coast Swing L4	28 (4-week series end) 6:45 PM Club Salsa L4 7:30 PM Hip Hop L1 7:30 PM Club Salsa L1 8:00 PM Popping L1	29 (4-week series end) 6:45 PM FBO Ballroom Sampler L1 (WA) (on-going 6-Week Series) 7:30 PM Intl Paso L2 8:15 PM ChaCha L3	30 (4-week series end) 7:30 PM West Coast Swing L1 7:30 PM Hip Hop L1 8:15 PM Latin Drills L2 (CH)	1 STUDIO CLOSED	2 (4-week series end) 12:00 AM Latin Technique LA (SA) 12:45 PM Latin Drills LA (SA) 3:00 PM Mambo L1

Price Key

4-Week Series: \$60 early reg / \$72 on-the-day
6-Week FBO Series: \$90 early reg / \$108 on-the-day
Drop-In Class: \$15 for 1 / \$130 for 10 (Save \$20)
Competitor's Practice (90-min): \$5 per person (partner required)
Tango Practica and WCS Practice (3 hrs): \$5 per person
Extreme Dance Party: \$8 online or \$10 at-the-door
Wedding Workshop: \$99 per couple

Extreme RED n' ORANGE Dance Party!

Saturday, September 18, 2010 7:00 PM - 10:00 PM
 -FREE Beginner CHACHA Lesson at 7:00 PM
 -Wear Red or Orange in celebration of the Fall season!
 -Student performances!
 -Dance Mixer!
 Admission: \$8 online or \$10 at-the-door!

Levels Description and Dance Key

L1 (Beginner) -> L2,L3,L4 (Advanced Beginner) -> L5,L6,L7 (Intermediate) -> L8,L9 (Advanced)
L1 (Beginner) - Learn the basic timing, footwork, and partnering. This is where it all starts. Equivalent to the Pre-Bronze syllabus.
L2,L3,L4 (Advanced Beginner) - Builds on the Beginner level with more steps, patterns, and figures. Equivalent to the Bronze syllabus. Prerequisite: Completion of a 4-week Beginner series or teacher's approval.
L5,L6,L7 (Intermediate) - Builds upon the Advanced Beginner level with more steps, patterns, and figures. Equivalent to the Silver syllabus. Technique is added to the steps. Prerequisite: Teacher's approval.
L8,L9 (Advanced) - Builds upon the Intermediate level with more steps, patterns, and figures. Equivalent to the Gold syllabus. Technique is added to the steps. Prerequisite: Teacher's approval.
LA (All Levels) - No level requirements. Students of all levels will benefit.
FBO - For beginners only.
CH=ChaCha **RU**=Rumba **SA**=Samba **JV**=Jive **ECS**=East Coast Swing **WA**=Watzl **TA**=Tango **FT**=Foxtrot

See next page for class descriptions!

Missed a class?

Sorry, there are no make-up classes or refunds for missed 4-Week Series classes. You can make up classes for FBO 6-Week Series classes only. Classes are not transferrable to another class nor to another student. Private lessons are always available to easily catch up and take your dancing even further!

WCS Workshops w/ Joe Mahoney

Workshop 1- Technique Drills
 Workshop 2 - Whip It Good
 Workshop 3 - Right Hand Moves
 View details on our website and register ONLINE!

Class Descriptions

ChaCha

Originally known as the Cha-Cha-Cha. Became popular about 1954. ChaCha is an offshoot of the Mambo. In the slow Mambo tempo, there was a distinct sound in the music that people began dancing to, calling the step the "Triple" Mambo. Eventually it evolved into a separate dance, known today as the ChaCha.

Club Salsa

The name "Salsa" correctly describes the flavor of this dance: hot! Danced correctly, there's a lot of shakin', shimmying, and hip action going on. Don't be deterred - you can learn how to achieve all of this action. The basic step of salsa can be accomplished with less than 10 minutes of practice.

East Coast Swing

When your mom and dad talk about swing dancing to the music of Elvis Presley and Chuck Berry back in the 50's, this is the dance they were doing. Also called The Jitterbug, East Coast Swing is the official "sock hop" swing dance for jump blues. East Coast Swing is a circular, rotating swing dance that has many wraps, tunnels, and turns.

Mambo

Mambo is a Latin dance of Cuban origin that corresponds to mambo music. It is rhythmically similar to the slower Bolero, though it has a more complex pattern of steps. The saxophone usually sets the syncopated rhythm, while the other brass carries the melody. Mambo is at the roots of the Salsa dance and is a part of the American Rhythm group of American Style ballroom dances.

Hip Hop

Hip-Hop is an authentic urban dance style derived and inspired from African dance movement which typically has a party feel and attitude. Hip-Hop is comprised through a contrast of precise smooth movement, rigid precise poses (great for performance or practical club dancing), of both high and low impact footwork or dance steps for any social gathering (weddings, parties, night clubs), free range of motion that improves flexibility, confidence on the dance floor, and improved overall general movement providing a great healthy and fun workout.

Hip Hop is inclusive to all body types, dancers of all backgrounds, musical taste, and anybody who appreciates the artistry of dance and most importantly fun. No experience needed, just positive energy.

Hustle Disco

Hustle is back and hotter than ever! Hustle is characterized by an extremely smooth look, with the dancers turning, rotating, and moving around the floor with seamless motion and minimal vertical movement or bounce. It is a three-count dance, danced as &-1-2-3, 1-2-and-3, or Quick-Quick-Slow-Slow to four-count music. Overall, the Hustle is a dance that was born as an adaptation to the new music of the disco craze, but has survived as a dance that has and will continue to grow with the times, trends and needs of the dancing public. It is a versatile dance with chameleon qualities that make it a highly effective tool in the beginner dancer's playbook.

Latin Drills

This drop-in class will run through intense exercises of the basics in ChaCha, Rumba, Samba, Paso Doble, and Jive. The sole purpose of this class is to give you repetition and build muscle memory so you look like a fierce competitor on the dance floor. Repetition is key to building muscle memory and developing excellent technique, posture, and style. This is the real deal.

We'll choose one or two dances for each class and run through basic drills or a set of choreographed basic figures over and over again. Although this is NOT intended to be a workout class, we recommend wearing your practice gear and drink lots of water because you will sweat! These classes are ideal for competitors looking to improve their technique through repetition and becoming a better dancer. It's a great complement to your current training adding more value to your private lessons and your practices. These classes are solo exercises so NO partner necessary.

FBO Rhythm Sampler

Finally a beginners only class! In this 6-week series class, you will learn the three most popular Rhythm dances in the United States. These dances are ChaCha, Rumba, and East Coast Swing! You will learn the characterization, basic timing, footwork and partnering of these dances. You will go over each dance twice in the series and meet once per week. At the end of the whole series, you will be well versed and comfortable to dance these steps at any dance function.

FBO Ballroom Sampler

Finally a beginners only class! In this 6-week series class, you will learn the three most popular Ballroom (a.k.a Smooth) dances in the United States. These dances are classic Waltz, Tango, and Foxtrot! You will learn the characterization, basic timing, footwork and partnering of these dances. You will go over each dance twice in the series and meet once per week. At the end of the whole series, you will be well versed and comfortable to dance these steps at any dance function.

Latin Drill Variations

Latin Drills with a twist! Take the basics and add various timings and patterns to give you more challenging steps to the drills. These are solo exercises done in a repeated fashion so you can work on your own technique until it's set in your muscle memory. Each week goes over a different dance rotating between ChaCha, Samba, Rumba, and Jive. This class is a bit more challenging than the Latin Drills so we recommend you take private lessons or a month of Latin Drills.

Latin Technique

his Drop-In class teaches you pure technique, speed, styling, partnering, and character of the dance in all the five dances in the International Latin style. These dances includes ChaCha, Rumba, Samba, Paso Doble and Jive. A different dance will be taught determined by our pro-instructors who themselves have competed and judged all over the world and brings the latest Latin trends and direction to the class. This class strictly applies to levels Beginner to Advanced. It's a perfect complement to the Series classes to enhance your learning experience. Learn in a way that lets you remember the dances with drills and exercises so you can become a better dancer.

Popping

Popping is a theatrical and elusive dance style that is inspired by robotic movement, and is comprised of both dynamic and illusion-based motion which typically is utilized as an illustrative visual effect in order to captivate the on-looker. The mechanics and focus of popping consist of mind, body and muscle control, free range of motion, isolations of the entire body for complete mastery of one's body awareness and muscle memory.

Rumba

Rumba is a dance organically related to the rumba genre of Afro-Cuban music. Throughout the history one may trace several styles of dances called "rumba". Some dancers considered rumba the most erotic and sensual Latin dance, for its relatively slow rhythm and the hip movement. Rumba is actually the second slowest Latin dance: the spectrum runs bolero, rumba, cha-cha-cha, mambo in order of the speed of the beat.

Samba

Samba, an old Brazilian style of dance with many variations, is African in origin. It has been performed as a street dance at carnival, the pre-Lenten celebration, for almost 100 years. Many versions of the Samba (from Baion to Marcha) are danced at the local carnival in Rio. The ballroom Samba or Carioca Samba is derived from the rural "Rocking Samba" and has been known for many years.

Tango

Tango is earthy and dramatic. Although walking movements dominate, Tango walks, having a "stalking" or "sneaking" character, are unlike the walks of other ballroom dances. Movements are sometimes slow and slithery, and other times sharp and staccato, such as a quick foot flick or a sharp head snap to promenade position. Tango has the same counter clockwise flow of movement around the dance floor, but with a lesser sense of urgency in comparison to the smoother and more continuous ballroom dances. American Style Tango, especially at highly-developed skill levels, makes great use of open and alternate dance positions to further showcase Tango's dramatic nature.

Wedding Workshop

Our popular 90-minute wedding workshops are specifically tailored to wedding couples wanting to learn the most common wedding dances such as the classy Foxtrot, Waltz and Rumba. As a wedding couple, you will learn steps, timing, presentation, and grace on the dance floor. Submerge yourself with other wedding couples, share the same dance experience and build your confidence on the dance floor.

West Coast Swing (WCS)

Learn the basic six and eight count patterns that will get you moving on the dance floor to this distinctive yet versatile style of swing that is taking over the Boston dance scene! Danced to music ranging from hip-hop and pop to jazz and blues, there is something for everyone. Whether you have no rhythm and two left feet, or have experience in other dance styles, all are welcome. Come with or without a partner and join the fun!

Zumba®

Zumba® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. This is pure fitness so be prepared to sweat! Wear comfortable clothing that won't restrict any movement especially those hips!

Group Class Policy

- Cell phones must be turned off during class. No cell phone usage during class.
- Students more than fifteen minutes late disrupts the class and will not be permitted to participate in that class. Please come early and be ready to dance.
- Video recording of the class is prohibited without advance permission from studio management.
- There is no refund or make-up for missed classes so please make every effort to attend all your enrolled classes.
- Classes are not transferrable to another class or to another student.
- All scheduled enrollments are subject to our 24-hour cancellation policy. Last-minute group class cancellations or "no shows" will be charged.
- Please respect your dance mates and your instructor in class. Do not criticize, blame, or try to teach other students during class. Leave the teaching to the instructor. We're all here to learn and have fun!